

QUICKSTEP.

HUGH DARLINGTON.



Quickstep.



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VALUE OF ORANGES

ONE OF THE MOST HEALTHFUL OF FOODS.

Many Delicious Dishes That Can Be Prepared from This Royal Fruit—Omelet That Will Be Appreciated.

Medical men say that an acid orange eaten daily before breakfast from December to April tends to produce a condition of almost perfect health. It is well known that oranges, the juice of the fruit being considered specially good for the voice. Fresh fruits are always wholesome and appetizing as a food or in beverages, and fruit in some form should be eaten daily. Oranges may be served in many dainty dishes, and one may rejoice over the fact that the supply is plentiful and the price reasonable.

Orange Omelet.—Beat the yolks of six eggs with seven teaspoonsful of powdered sugar. Whip the whites to a stiff froth and pour the egg and sugar mixture over them. Mix lightly, at the same time adding the juice and grated outside rind of a large orange. Melt a tablespoonful of butter in a frying pan and tilt it about until the bottom and sides are well greased. Pour in the omelet and cook slowly. When firm and nicely browned set in a hot oven for two minutes, then fold it together, place on a heated dish and serve at once.

Orange Roly Poly.—Peel, slice and seed four sweet oranges. Sift together one pint of flour, one tablespoonful of baking powder and one-quarter of a teaspoonful of salt. Rub into this two tablespoonsful of lard and mix in sufficient sweet milk to make a soft dough. Turn out on a well-floured board, roll out in a long strip, spread with the sliced oranges and sprinkle well with sugar. Roll up, pinch the ends so that the juice will not run out, lay on a buttered plate and steam for 30 minutes, then set in the oven until the top is dried off. Serve with hard sauce.

Orange Pudding.—Take three oranges, the juice of half a lemon, one pint of milk, one tablespoonful of cornstarch, one cupful of sugar, two eggs and one-fourth of a teaspoonful of salt. Peel the oranges and cut them into pieces half the size of a nutmeg, taking out the tough portions in the center. Place the pieces in a pudding dish, squeeze the lemon juice over them, add half a cupful of the sugar, stir and set aside while the rest of the pudding is being prepared. Beat the yolks of the eggs, stir in two tablespoonsful of milk, add the same quantity of milk to the cornstarch, and beat the two mixtures together. Heat the rest of the milk in a milk boiler, and

when it comes to the boil add the egg and cornstarch mixture. Cook for five minutes, add the salt and the rest of the sugar, remove from the fire and lay the preparation, one spoonful at a time, upon the oranges in the dish. Beat the whites of the eggs stiff, add one tablespoonful of sugar, spread the icing on top of the pudding and brown it delicately in the oven.

Setting the Pace.

The careful housekeeper whose heart is thoroughly in her work and whose aim it is to make her household run on oiled wheels will soon discover that it lies with her to set the pace in energy, carefulness, tidiness and punctuality.

The entire household, from the children to the servants, all take their cue from the mistress. If she is lazy and careless, her servants and her children will be quick enough to follow her example.

On the other hand, if the mistress is tidy, quick to discover mistakes, careful and troubled over every detail of domesticity, she will soon find that her house works well, and that punctuality and order reign in place of slackness and careless methods.—Cassell's Journal.

English Yorkshire Pudding.

One-half pound of flour, one pint of milk, two eggs and a pinch of salt. Beat the eggs and salt, add part of the milk, then the flour and rest of the milk. I like a fork the best to mix with. I melt some butter or dripping and put in my muffin pans and have my pans hot. Put my batter in about half full, and then everybody gets their share of crust.

Worcestershire Sauce.

Add to one quart of vinegar one-half ounce cayenne pepper, two heads garlic, chopped; three anchovies, mashed; two teaspoons ground cloves, three teaspoons of allspice, two blades of mace, one-half teaspoon each cinnamon and ginger. Let stand 24 hours. Strain, add the juice of a lemon. Cork and set aside for ten days. Pour in a crock and skim, bottle and seal.

With the Squabs.

For a sauce for fried squabs turn a cupful of hot water flavored with beef juice or a good stock into the pan in which the squabs are cooked, add six or eight button mushrooms cut in pieces, pepper and salt, and cook for five minutes. Then season with a tablespoonful of flour rubbed smooth with two tablespoonsful of butter.

Cranberry Jelly.

One quart cranberries, one pint sugar, one-half pint water; wash and pick over cranberries, put in a saucepan with sugar and water; boil 12 minutes; wash the berries on side of kettle while boiling; strain through a coarse wire sieve; put in mold. When cold turn out on dish. Any one can make this jelly and be sure of success.

THE RAW CURRANT

PRaised BY WRITER AS AN ARTICLE OF DIET.

May Be Given in Quantities to Children with Only the Most Beneficial Results, on Scientific Authority.

Until the last year or two mothers have felt it a sort of solemn duty to keep a very tight hand over the currant-bag, declares a writer in London *Madame*.

"If you have them now you cannot have them in the cake," we say to the bairns, and, when once more reminded that the currants would be more fully appreciated now than they could possibly be at tea-time, we give the sober answer: "They aren't good for you, dear, and you mustn't ask again."

Now that is just where we mothers go wrong.

Raw currants are good for our children—immensely better than the raw, unripe gooseberries and the sour green apples which we know they eat from the garden, better, also, than any other under-ripe or over-ripe fruit whatsoever.

Dried currants, in their uncooked state, are so exceedingly light and so very nutritious that—provided the skin of the berry is broken before the fruit is swallowed—90 per cent of the total weight of the fruit is digested within half an hour of its being eaten, and mothers may safely take this as a vindication of the wholesomeness of the raw currant.

No grown-up person, no little child, can obtain anything but good from this fruit if only the simple precaution be taken to pierce the skin by the natural process of mastication.

Almost it would seem that the more

precious the food the more snugly does nature wrap it up. Peas and beans are very nutritious—see how carefully nature packs them; nuts are famous for nutritive value—nature packs them in wooden cases. Currants are, weight for weight, more nutritious than any other fruit known to man and, though the berries are small and insignificant looking, nature has taken care that the fine skin shall be just strong enough to preserve the precious fruit from injury. It is seldom that one sees a bruised or broken currant, yet the covering of the berry is so very fine that when once broken it rapidly becomes part and parcel with the soluble matter of the currant.

It has been proved by our scientists that none of the nutriment of the currant-grape escapes from the fruit during the simple process of drying, which is carried out in the open sunshine and fresh air.

Currants lose only water in this drying, and the effect of the sunshine upon the gathered fruit is simply to change the fleshy portion of the currant into what is known as grape sugar.

Grape sugar is the most highly nutritive of all foods, and it is because currants are so remarkably rich in it that Sir Francis Laking, our own king's doctor, recommends them so heartily to people of all ages and all classes of society.

Sir Francis is of the opinion that when once the people of this country have become fully aware of the food values of this wonderful fruit, Greece will have no time to look further for purchasers for all the currants she is able to produce.

With testimony such as this to reassure us, we mothers may cast every doubt to the winds and gladly provide our children with a full sufficiency of the fruit that is at once so wholesome and so inexpensive.

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